

Claim 5. The nutritional supplement according to claim [2] 1, wherein the omega-3 fatty acid is eicosapentaenoic acid 20:5 ω 3 (EPA).

Claim 6. The nutritional supplement according to claim [2] 1, wherein the omega-3 fatty acid is docosahexaenoic acid 22:6 ω 3 (DHA).

Claim 7. The nutritional supplement according to claim [2] 1, wherein the sterol is stigmasterol.

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Claim 8. The nutritional supplement according to claim [2] 1, wherein the sterol is sitosterol.

Claim 9. The nutritional supplement according to claim [2] 1, wherein the sterol is fucosterol.

Claim 10. The nutritional supplement according to claim [2] 1, wherein the sterol is fucostanol.

Claim 11. The nutritional supplement according to claim [2] 1, wherein the sterol is β -sitostanol.

Please add new claims 30-31:

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--Claim 30. The nutritional supplement according to claim 5, wherein the eicosapentaenoic acid 20:5 ω 3 is derived from fish oil.

--Claim 31. The nutritional supplement according to claim 6, wherein the docosahexaenoic acid 22:6 ω 3 is derived from fish oil. --

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